



NBRC Lap Pool

September

Pool schedule is subject to change. Please check the bottom of the page for anticipated changes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00am	Lap Swim 6:00-9:00		Lap Swim 6:00-9:00		Lap Swim 6:00-9:00	Lap Swim 6:30-9:00		
6:30am								
7:00am								
7:30am								
8:00am								
8:30am								
9:00am	4 lanes open 9:00-10:00 Drop-in H ₂ O Fit		4 lanes open 9:00-10:00 Drop-in H ₂ O Fit		4 lanes open 9:00-10:00 Drop-in H ₂ O Fit	3 lanes open 9:00-11:00 Flatirons	Lap Swim 7:30-1:00	
9:30am								
10:00am			Lap Swim		Lap Swim			
10:30am			3 lanes open 10:30-11:30 BAM		3 lanes open 10:30-11:30 BAM			
11:00am								
11:30am								
12:00pm								
12:30pm								
1:00pm								
1:30pm	Lap Swim 10:00-6:00	Lap Swim 6:00-9:00	Lap Swim 11:30-4:00	Lap Swim 6:00-7:00	Lap Swim 11:30-7:00	4 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board	4 lanes open 1:00-4:00 Open Swim, Drop Slide, & Diving Board	
2:00pm								
2:30pm								
3:00pm								
3:30pm								
4:00pm		3 lanes open 4:00-5:30 Flatirons	7 lanes open 4:00-5:00 BHS XCtry	3 lanes open 4:00-5:30 Flatirons		Lap Swim 4:00-6:30	Lap Swim 4:00-7:30	
4:30pm								
5:00pm								
5:30pm								
6:00pm		4 lanes open 6:00-7:00 Rev. Running	Lap Swim 5:30-9:00	Lap Swim 5:00-9:00				Lap Swim 5:30-7:00
6:30pm								
7:00pm	6 lanes open 7:00-8:00 Pre/Post Natal	6 lanes open 7:00-8:00 D3						
7:30pm								
8:00pm	Lap Swim 8:00-9:00	Lap Swim 8:00-9:00						
8:30pm								
9:00pm								

"Lanes open" indicates lanes open to the public.

Labor Day Hours: NBRC open 8:00-1:30PM, pools close at 1:00PM